

PRIVATE SWIM LESSONS

Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability. Private Swim Lessons are offered as eight, thirty minute classes per session. One student/participant is enrolled in the entire session. The City of Morgan Hill does not accept rescheduling of missed classes for this program.

INDOOR

Instructor: CRC staff

Location: Centennial Recreation Center

M/W Classes

Session 1: 9/9-10/5*

Session 2: 10/12-11/4

Session 3: 11/16-12/16**

T/TH Classes

Session 1: 9/8-10/1

Session 2: 10/13-11/5

Session 3: 11/17-12/17**

M/W Classes	Session 1 9/9-10/5	Session 2 10/12-11/4	Session 3 11/16-12/16
Time	Activity #	Activity #	Activity #
4:00pm	4580.311	4580.315	4580.319
4:30pm	4580.312	4580.316	4580.320
5:00pm	4580.313	4580.317	4580.321
5:30pm	4580.314	4580.318	4580.322

T/TH Classes	Session 1 9/8-10/1	Session 2 10/13-11/5	Session 3 11/17-12/17
Time	Activity #	Activity #	Activity #
4:00pm	4580.323	4580.327	4580.331
4:30pm	4580.324	4580.328	4580.332
5:00pm	4580.325	4580.329	4580.333
5:30pm	4580.326	4580.330	4580.334

SAT Classes	Session 1 9/19-11/14
Time	Activity #
9:00am	4580.335
9:30am	4580.336
10:00am	4580.337
10:30am	4580.338

**No Classes 10/17 and 11/23-11/26 (Thanksgiving Holiday week)

Resident \$230 / CRC Member: \$215

Non-Resident \$240 / CRC Member \$225

OUTDOOR

Instructor: Aquatics Center Staff

Location: Aquatics Center

M/W Classes

Session 1: 9/9-10/5*

T/TH Classes

Session 1: 9/8-10/1

M/W Classes	Session 1 9/9-10/5*	T/TH Classes	Session 1 9/8-10/1
Time	Activity #	Time	Activity #
4:00pm	4580.301	4:00pm	4580.306
4:30pm	4580.302	4:30pm	4580.307
5:00pm	4580.303	5:00pm	4580.308
5:30pm	4580.304	5:30pm	4580.309
6:00pm	4580.305	6:00pm	4580.310



Learn to swim!

Private and group lessons available.

Core Aquatics Programspage 9

Lap Swim, Indoor Recreation Swim, Aquatics Fitness Classes

Fun 'n' Fit Swim Conditioning page 17

Red Cross Lifeguarding Class page 29

INDOOR GROUP SWIM LESSONS

All Group Lessons at the Centennial Recreation Center are offered as eight, thirty minute lessons, on M/W, T/TH, or Saturday.

Instructor: CRC Aquatic Staff

Location: Centennial Recreation Center

M/W Classes

Session 1: 9/9 - 10/5*

Session 2: 10/12 - 11/4

Session 3: 11/16 - 12/16**

T/TH Classes

Session 1: 9/8 - 10/1

Session 2: 10/13 - 11/5

Session 3: 11/17 - 12/17**

SAT Classes

Session 1: 9/19 - 11/14

*Session 1 M/W classes will start on 9/9 due to Labor Day on 9/7

**No Classes 10/17 and 11/23-11/26 (Thanksgiving Holiday week)

Resident \$76 / CRC Member \$66

Non-Resident \$86 / CRC Member \$76

Every paid session of group lessons includes one free level appropriate tee-shirt. Additional tee-shirts are available for \$10 each.

SAT Classes

CLASS NAME		SESSION 1 9/19-11/14** Activity #
CUTTLE FISH A	10:10am	4500.319
CUTTLE FISH B	10:45am	4500.320
CLOWN FISH	10:10am 10:45am	4510.316 4510.317
JELLY FISH	9:35am 10:10am	4520.316 4520.317
BALLOON FISH	9:00am 10:45am	4530.316 4530.317
FLYING FISH	9:00am	4540.307
SEA TURTLE	9:35am	4550.307
STING RAY	9:00am	4560.310
PELICAN	9:35am	4570.307

M/W Classes

CLASS NAME		SESSION 1 9/9-10/5* Activity #	SESSION 2 10/12-11/4 Activity #	SESSION 3 11/16-12/16** Activity #
CUTTLE FISH A	10:35am 4:20pm	4500.301 4500.302	4500.303 4500.304	4500.305 4500.306
CUTTLE FISH B	5:30pm	4500.307	4500.308	4500.309
CLOWN FISH	11:45am 4:20pm	4510.301 4510.302	4510.303 4510.304	4510.305 4510.306
JELLY FISH	11:10am 3:45pm 4:20pm	4520.301 4520.302 4520.303	4520.304 4520.305 4520.306	4520.307 4520.308 4520.309
BALLOON FISH	10:00am 3:40pm 4:55pm	4530.301 4530.302 4530.303	4530.304 4530.305 4530.306	4530.307 4530.308 4530.309
FLYING FISH	5:30pm	4540.301	4540.302	4540.303
SEA TURTLE	4:55pm	4550.301	4550.302	4550.303
STING RAY	4:55pm	4560.301	4560.302	4560.303
PELICAN	3:45pm	4570.301	4570.302	4570.303

T/TH Classes

CLASS NAME		SESSION 1 9/8-10/1 Activity #	SESSION 2 10/13-11/5 Activity #	SESSION 3 11/17-12/17** Activity #
CUTTLE FISH A	4:20pm	4500.310	4500.311	4500.312
CUTTLE FISH B	11:10am 5:30pm	4500.313 4500.314	4500.315 4500.316	4500.317 4500.318
CLOWN FISH	10:35am 3:45pm 4:20pm	4510.307 4510.308 4510.309	4510.310 4510.311 4510.312	4510.313 4510.314 4510.315
JELLY FISH	10:00am 4:20pm	4520.310 4520.311	4520.312 4520.313	4520.314 4520.315
BALLOON FISH	11:45am 4:55pm	4530.310 4530.311	4530.312 4530.313	4530.314 4530.315
FLYING FISH	5:30pm	4540.304	4540.305	4540.306
SEA TURTLE	4:55pm	4550.304	4550.305	4550.306
STING RAY	3:45pm 4:55pm	4560.304 4560.305	4560.306 4560.307	4560.308 4560.309
PELICAN	3:45pm	4570.304	4570.305	4570.306

Class Descriptions

Parent/Tot Program

Cuttle Fish A

Ages: 6 months-17 months

Prerequisites: Parent participation is required

Skills Checklist: Infant skills-

Water adjustment, getting wet - Front kick

Exploring the pool, holding positions

Front glide, readiness, passing, drafting

Underwater exploration, readiness, bubble blowing, scooping

Back float, adjusting to water in back position, readiness

Rolling over, front to back & back to front - Exit water, parent carrying child

Arm movement, front position, combined with kicking



Cuttle Fish B

Ages: 18 months-35 months

Prerequisites: Parent participation is required

Skills Checklist: Toddler skills-

Front glide, drifting with breathing

Underwater exploration, bobbing, opening eyes

Arm movement on back, finning combined with kicking

Changing positions, vertical to front & vertical to back float positions

Kick up to surface

Exit independently at side of pool or using ladder or stairs

Pre-school Program Ages 3-5



Clown Fish Level I

Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from the instructor.

Skills Checklist:

Enter water safely, enter using stairs and rolling over from side of pool

Bubble blowing, opening eyes under water, underwater exploration

Introduction to supported front float - Introduction to supported back float

Supported front kicking - Supported back kicking

Front glide readiness with breathing - Back glide readiness

Introduction to alternating arm movement - Learn basic water safety rules

Familiarity with getting help - Reaching assist without equipment

Wear lifejacket on deck and enter shallow water



Balloon Fish Level III

Prerequisites: Jelly Fish skills

Skills Checklist:

Rhythmic bobs (10 times) - Introduction to finning

Unsupported front float - Unsupported back float

Unsupported front glide and recover (2 body lengths)

Unsupported back glide and recover (2 body lengths)

Front glide with flutter kick - Back glide with flutter kick

Front crawl arm movement and flutter kick (5 yards)

Back crawl arm movement and flutter kick (5 yards)

Introduction to side breathing - Become familiar with rescue breathing

Demonstrate rolling over from front glide to back glide

Demonstrate rolling over from back glide to front glide

Float face up in shallow water with a lifejacket on (1 minute)

Demonstrate assisting non-swimmer to feet



Jelly Fish Level II

Prerequisites: Clown Fish skills or comfortable in the water and able to take direction from the instructor.

Skills Checklist:

Hold breath and fully submerge head, bobbing with controlled breathing

Supported front float - Supported back float

Front glide and recover with support - Back glide and recover with support

Front glide with flutter kick supported - Back glide with flutter kick supported

Front crawl arm action - Back crawl arm action

Submerge and retrieve object from chest deep water

Explore deep water with support - Discuss role of all safety personnel

Demonstrate reaching assist with equipment

Demonstrate how to relieve a cramp



Flying Fish Level IV

Prerequisite skills: Balloon Fish skills

Skills Checklist:

Bob in water slightly over head to safety

Jump into deep water from side of pool

Swim front crawl with side breathing (15 yards)

Swim back crawl (15 yards)

Demonstrate elementary backstroke kick

Compact and kneeling dive from side of pool

Treading water in deep water

Jump into deep water with lifejackets on

Demonstrate H.E.L.P. position (1 minute)

Demonstrate huddle position (1 minute)

Demonstrate correct technique for opening airway for rescue breathing

Youth Program Ages 6-10



Sea Turtle Level I

Prerequisites: No swimming skills required

Skills Checklist:

Enter and exit pool safely - Open eyes under water

Submerge mouth, nose, and eyes

Pick up submerged object under water

Exhale underwater through mouth and nose

Front Float and Back Float (supported & unsupported)

Roll over from front glide to back glide - Roll over from back glide to front glide

Front swimming with arm & leg actions - Back swimming with arm & leg actions

Discuss basic water safety rules - Demonstrate proper use of a lifejacket



Sting Ray Level II

Prerequisites: Sea Turtle skills and comfortable in the water

Skills Checklist:

Submerging entire head - Jump in from poolside (shallow water)

Unsupported front float - Unsupported back float

Front glide and Back glide (supported and unsupported)

Finning arm action - Sculling arm action - Rhythmic bobs (10 times)

Jellyfish float - Treading water using arm and leg motions

Swimming using combined stroke on front (15 feet)

Swimming using combined stroke on back (15 feet)

Moving in water while wearing a life jacket

Recognizing a swimmer in distress and getting help



Pelican Level III

Prerequisites: Sting Ray Skills (or Flying Fish Skills)

Skills Checklist:

Unsupported front glide with kick

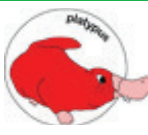
Unsupported back glide with kick

Jump into deep water from side - Treading water (30 seconds)

Front crawl stroke with rotary breathing (15 yards) - Back crawl stroke (15 yards)

Butterfly kick and body motion - Survival float on back - Rules for safe diving

Sitting and kneeling dive (shallow dive progression) - H.E.L.P. & Huddle positions



Platypus Level IV

Prerequisites: Pelican skills

Skills Checklist:

Front crawl with rotary breathing (25 yards)

Back crawl (25 yards) - Elementary backstroke (15 yards)

Breaststroke (15 yards) - Introduction to butterfly stroke

Tread water (1 minute) - Swim underwater

Open turn on front, push-off streamlined position

Open turn on back, push-off streamlined position

Scissors kick - Survival float on back (1 minute) - Discuss safe diving rules

Diving from stride position (shallow dive) - Demonstrate a throwing assist

Feet-first surface dive in deep water - Care for conscious choking victim



Crocodile Level V

Prerequisites: Platypus skills

Skills Checklist:

Front crawl with rotary breathing (50 yards)

Back crawl (50 yards) - Elementary Backstroke (25 yards)

Breaststroke (25 yards) - Butterfly Stroke (15 yards) - Tread water (2 minutes)

Introduction to sidestroke - Shallow dive with glide

Flip turn while swimming on front - Flip turn while swimming on back

Performing rescue breathing - Introduction to tuck and pike surface dives



Great White Level VI

Prerequisites: Crocodile skills

Skills Checklist:

Front crawl open turn - Back crawl open turn

Front crawl with rotary breathing (100 yards)

Back crawl (100 yards) - Elementary Backstroke (50 yards)

Breaststroke (50 yards) - Butterfly Stroke (50 yards) - Sidestroke (50 yards)

Treading water (3 minutes) - Treading water kicking only

Swim continuous 500 yards with any combination of strokes

Retrieve diving brick from 8-10 in feet deep water - Recognizing spinal injury

Youth Adaptive Programs



Look for this starburst
through out the
Recreation Guide to find
FREE CLASSES
with your CRC membership.

ADAPTIVE RECREATION SWIM

Have some fun in that water at the Centennial Recreation Center's indoor pool. The water play area will be turned on for some fun free play. Youth must be able to follow the direction of lifeguards or be accompanied by a responsible adult. Fee is charged at the door. Caregivers can enter the facility at no charge.

Instructor: Centennial Recreation Center Lifeguards

Location: Centennial Recreation Center, Pool

Date	Day	Time	Age
9/10-12/17	TH	3pm-4pm	3-18

Residents: \$4 / CRC Member: Free

Non Resident: \$5 / CRC Member: Free

Youth Aquatics

YOUTH

FUN 'N' FIT SWIM CONDITIONING

Where getting fit is fun! This is an introductory program, for ages 5-17 years, leading to potentially joining a swim team. Class is Monday through Thursday and features:

- Everybody Wins Philosophy
- Focus on FUN
- Emphasis on the four competitive strokes
- Individual recognition for all participants
- No USA Swimming Registration is required
- Must be able to swim one length (25 yards) free-style, one length (25 yards) back-stroke, and 15 yards breast-stroke
- No swim meet requirements

Instructor: Morgan Hill Aquatics Center staff

Location: Morgan Hill Aquatics Center

Activity#	Date	Day	Time	Age	Sessions
4591.301	9/8-10/1	M-Th	4p - 5p	5-17yrs	16
4591.302	10/12-11/5	M-Th	4p - 5p	5-17yrs	16

Resident: \$60/ CRC Member: \$53

Non resident: \$67/ CRC Member: \$60



PRIVATE SWIM LESSONS

See page 13 in Aquatics Section for details.

INDOOR GROUP SWIM LESSONS

See page 14 in Aquatics Section for details.